

HEALTH PROMOTION & PREVENTION INITIATIVES NEWSLETTER



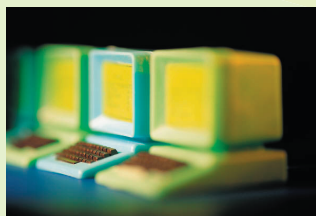
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Initiative Spotlight



Using Technology to Assess Preventive Care



Project impact:

A new database enabled health care providers to assess patient mammogram screening status.

Description:

The goal of this initiative was to move from “sick care” to disease prevention by identifying patients who needed preventive health screenings, based on a review of CHCS data and clinical indices.

Project outcomes:

Data analysis indicated that the percentage of the eligible population receiving mammograms fell short of the Healthy People 2010 target of 70%. The database was able to track Pap smears, pediatric immunizations, and mammograms.

Innovative features of this project:

This initiative used technology to better track the incidence of selected preventive medicine screenings.

Lessons learned that can be applied to any program:

- New programs that require changes to business processes must have: good leadership; a clear focus and mission; adequate staff; measurable outcomes that can be reported back to Command; and a good marketing plan.
- Lack of buy-in from both Command and staff can stop a project in its tracks.
- Marketing messages must address how a new program will help staff work smarter while improving patient care, and also address fears of more work with less staff.

Access the complete project profile at: <http://chppm-www.apgea.army.mil/dhpw/Population/HPPIProjectProfiles.aspx>.

What's New in Education

Pregnancy and Postpartum Education Resources

Educational presentations for pregnant and postpartum Soldiers and civilians are available through the USACHPPM Directorate of Health Promotion and Wellness. These classes should be presented by subject matter experts. Visit <http://chppm-www.apgea.army.mil/dhpw/Readiness/PPPTHealthEducationResources.aspx> to download presentations on topics such as:

- Breastfeeding
- Fetal development
- Infant wellness
- Labor and delivery
- Parenting
- Physical changes during pregnancy
- Sexual health and birth control
- Social services for military families
- Stress management for parents

Prevention Resources

Force Health Protection Conference

The 7th Annual Force Health Protection (FHP) Conference was held in August 2004. Conference tracks included community and population health, behavioral health, deployment related healthcare, and occupational health/preventive medicine. Download presentations from the FHP Conference here: http://chppm-www.apgea.army.mil/fhp/archives/fhp2004/ConferenceAgenda_Pop.aspx.

Program Pointers

Using Different Kinds of Program Objectives

A good program plan should include **process** and **program** objectives.

Process objectives describe administrative tasks that need to be completed, such as resource requirements, data collection, and implementation activities. *Example:* "By June 2005, 10 volunteers will be trained as program facilitators."

Program objectives describe how you will know the program goal has been achieved. *Example:* "Six months after program completion, participants' quality of life (QOL) will be improved by at least 20%, as measured by a validated QOL instrument."

Your program plan may also include learning, action/behavioral, and/or environmental objectives.

Learning objectives indicate the desired changes in knowledge, attitudes, and skills. *Example:* "By the end of the program, 80% of participants will be able to comprehend 'Nutrition Facts' labels as measured by a post-test."

Action/behavioral objectives specify the behaviors the target population will adopt. *Example:* "Six months after program completion, 70% of participants will report engaging in at least 30 minutes of physical activity on five or more days per week."

Environmental objectives indicate the desired changes in the environment. *Example:* "By May 2006, construction of a 1-mile walking trail behind the headquarters building will be completed."

See past HPPI Newsletters (#5 – 8) for more information on writing effective program goals and objectives:

<http://chppm-www.apgea.army.mil/dhpw/Population/HPPINewsletterArchive.aspx>.

Don't Reinvent the Wheel!

Field Operations in Cold Weather

Cold weather injury prevention is vital to sustaining combat power. In cold environments, leaders must continually be aware of the condition of their Soldiers and be especially alert for signs and symptoms of cold injuries. In the field, leaders should manage cold injuries through prevention, early detection, and immediate evacuation. Find cold injury prevention products, training aids, slide presentations, and other resources at <http://chppm-www.apgea.army.mil/coldinjury/>.



HPPI News & FAQs

HPPI FY05 Request for Proposals

The HPPI Program FY05 Request for Proposals (RFP) will be released in November 2004. The RFP calls for initiatives that have been proven to be best approaches in health promotion; outcomes data that proves the effectiveness of health promotion; and successful National Guard/Army Reserve wellness programming/initiatives. This RFP also includes a specific call for initiatives in the following areas: hypertension education, spiritual fitness, and stress management. For more information, visit: <http://chppm-www.apgea.army.mil/dhpw/Population/HPPI.aspx>.

For more information about HPPI, or to see past issues of the HPPI newsletter, visit <http://chppm-www.apgea.army.mil/dhpw/Population/HPPI.aspx>.

To subscribe to this newsletter or send comments/suggestions send email to: Marcella.Birk@apg.amedd.army.mil or call DHPW at (410) 436-4656, DSN 584-4656.

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